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THE BRIDGE TO FREEDOM

A Monthly Journal

Vol. X **July, 1961** **No. 4**

THE TEMPLE OF ILLUMINATION
(Near Lake Titicaca in South America)

The Ascended Master Retreat of the Month
July 15th through August 14th, 1961

Breathing Statement for the Transmission of the Flame Class on July 15th, 1961

1	2	3	4	5	6	7	8
"I AM"	inbreathing	from Belov'd	Meru	His God	Illumination,	Love and	Peace
"I AM"	absorbing	from Belov'd	Meru	His God	Illumination,	Love and	Peace
"I AM"	expanding	from Belov'd	Meru	His God	Illumination,	Love and	Peace
"I AM"	projecting	from Belov'd	Meru	His God	Illumination,	Love and	Peace.

For Information and Description

of the above Ascended Master Retreat, please see the booklet *A Daily Aid to Tune into the 1961 Monthly Retreats.*

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Please address all communications regarding Groups to our Director of this Department, Mrs. Zora Fellows, P. O. Box 3776, Daytona Beach, Florida, U. S. A.

YOU CAN READ NOW THE SCROLLS OF THE AGES

Letter to the Flame Class of July 15th, 1961

Beloved Ones who seek Light upon your Path:

The very seeking of THAT LIGHT is the seed or magnetic power which shall draw to you, individually and collectively, as much Light and Illumination as your consciousness is prepared to receive.

The God and Goddess Meru, in Their Focus near Titicaca, guard much of the Spiritual Wealth of this Earth. Beloved Himalaya has already transferred a great many priceless documents from the Orient to God Meru's Retreat. Now, there is your opportunity, when you desire illumination and knowledge for the express purpose of helping not only yourselves but others, to read the scrolls written by Lord Gautama, Beloved Jesus, and many Sages of the past. Your Sponsors, All Gentlemen empowered with the strength of the Gods of the Mountains, will refresh your Divine Memories so you can enjoy these priceless doctrines in their original text (not as translated by lesser minds in later generations).

Come, join with Me in the Presence of the God and Goddess Meru and let me place your dear fingers upon the unrolled scrolls and read with you what God through Illumined Beings has revealed.

Love and Blessings,

MAHA CHOHAN

DESCRIPTION OF GOD MERU'S RETREAT
by Kuthumi (reprinted by request)

It is My pleasure and privilege to conduct you, through projected consciousness, to the Beloved Meru's Retreat, situated in the High Andes of South America where the Transmission Flame Ceremonies are performed. This Retreat is the focus for the Great Feminine Ray for the planet Earth, the Masculine Ray being under the guardianship of the Great Himalaya in His Retreat in Tibet; this Feminine Ray expresses Itself as the Great Flame of Illumination.

As we approach the great Andes range, we can see the Holy Mountain Meru. Let us think for a moment of that Feminine Ray of the Godhead directed through that mountain where it meets with the Masculine Ray from the great Himalaya and forms the cradle around which the Builders of Form fashioned the planet Earth.

For many long ages the Masculine Ray has been active. All the great Masters, Gurus and Chelas have been drawn to Himalaya for His teaching and understanding of the law, but as the Feminine Ray in Meru's Heart becomes intensified, you will find in time the jungles will recede and new civilizations will come in. Certain climatic changes will take place and many of the Illuminati of the East will come and sit at the feet of Meru for their complete illumination.

In this great South American Continent, the Great Saithrhu (Manu of the Seventh Root Race) intends to bring forth His people. Of course the God Meru (Manu of the Sixth Root Race) still has many of his people in embodiment throughout the world.

Let us feel the pressure of the tremendous Feminine Ray which is the fertility or manifest expression of all the ideas held in the Mind of the Deity for the planet Earth. All that anchored through the Flame of Meru's Mountain can be yours! We hope you will accept it in your feelings and that you will realize, through proximity to the Flame, the capacity within yourselves to do all the things your hearts desire and that you will be wise enough to hold your attention anchored on the mental concept until manifest expression comes into being.

The walls in the Lodge of the Retreat, are hung with beautiful tapestries woven by the natives and depicting various activities of the Incan Civilization and the Golden Age when South American culture was at its height. We feel a tremendous sense of peace as the curtain is drawn aside and the guide beckons us to follow down the corridor, carved out of the mountain; in the floor and walls you can see the polished veins of virgin gold.

At the end of this long corridor we come to the great open chamber where the Illumination Flame burns. The ceremonies in this Retreat are informal compared to the other Retreats. The attending Celestial Hierarchy are all seated Eastern fashion on beautiful pink and gold cushions, in a great circle around the Flame. Some Masters are robed in pure white, Others in unadorned gold, but all wear a pink rose, which is the symbol of the Retreat. The Illuminati of the world, men and women, are seated back of the Hierarchy and we will now take our positions behind them.

The Flame has no chalice, no adornment, not even an Altar. It seems to ascend right out of the heart

of the mountain and disappears through the roof of the cave in a pillar of blazing light. Over the mountain is built a gigantic amphitheatre in the form of a rose, and the Flame circles and blazes out over Central and South America. At the outer edges of this beautiful structure are untold numbers of lifestreams, drawn by the feeling of fear and insecurity and upset conditions of the world. In the center of the amphitheatre is seated the Manu of the Seventh Root Race, Saithrhu, surrounded by His people who are destined to take embodiment on this South American Continent.

By the side of the Flame in the Chamber where It is focused, stands the Mighty God Meru. He represents a truly majestic appearance, golden of hair, blue of eye, with a serene and noble countenance. He is wearing a simple garment but banded on the cuffs and hem with deep gold. By His side stands His beautiful Goddess, Who is an almost exact replica of Him, except Her golden hair is longer and flows over Her shoulders. She wears a band of light around Her head, with a beautiful pink Flame rising from the forehead.

A tremendous sense of Peace and well being pervades the entire atmosphere of the Holy Mountain and its vicinity. We, the brothers of the Golden Robe, will take an active part in the expansion of the Flame during the ceremonies and assist in projecting forth the Illumination Flame into the mental and feeling bodies of the race. We ask you to assist Us not only tonight but during the entire thirty days It is active.

As the Breathing Ceremony is about to commence, I must take My place and will say God Bless you Friends.

HOW TO CONDUCT AND ATTEND A CLASS

By Saint Germain

The activity of a Director of a group, is something like the activity of the heart to the body. The people in the Western world do not understand fully the inner obligation that a lifestream takes upon itself when it offers to draw individuals together in the Name of the Master and that through their nature faith, confidence, selflessness, wisdom, strength, tenacity, love, obedience will be the life blood of the students; and in turn for that the waste matter, the karma, the dissentions of the students becomes the gift to the leader, just as the artery pouring forth its life blood furnishes energy to the members of the body and draws back through the veins the waste matter. So is one who is placed as the heart of a sanctuary or group, obligated to draw forth enough Light to feed and encourage and sustain the student body, and to dissolve the waste matter which returns. The balance that is required in one that is to proceed beyond the small activities in which he is engaged today, into the larger activities of the future, cannot be stressed too much.

You must give what you receive

A Group Director comes into this activity, or any activity of the Ascended Masters for one of many reasons. The motive which has prompted such a step will determine to a large extent the efficacy of the endeavor, the permanence of his work and his usefulness to Us. I speak to you as I would if We sat before a fire in lovely lounging chairs one to another, for I have no opportunity to speak privately to you except this. I speak not in a mandatory or

arbitrary manner but in a manner to convey to you something of the knowledge of The Law, which you in turn I hope will convey to others. It is not enough to be an absorber; it is not enough to relax in the radiation, you must give what you receive in order to receive greater light and greater life.

The Group Director and the Orchestra Leader

A Group Director, in order to be in perfect balance, might be likened to the director of a symphony orchestra. He has within his consciousness a magnificent piece or composition which he desires his orchestra to play. He has a great number of varied talents before him, he tries to choose the best, but there is always a limit to the best of any man. He has a certain amount of personality to handle of more than one individual, and all of these he must join together in a harmonious way. Why? To please himself and get that feeling of power that comes from uniting a group of men in one accord, rather than use the men to send out that music as a great blessing? If the Director's motive is prompted by a desire to express vanity, to express a power complex, to express any human sense of self-aggrandizement, such an one will sooner or later fall by the wayside. There is only one type of Director and Leader who will last--and that is one who makes his vow to God, and his service to all life! Go alone and examine your hearts and find out why you are at this place on the path. You may find the answer to a great many of the conflicts within your soul!

Now this symphony orchestra leader, if he is

oblivious to his orchestra and too intent on his theme of music, he is going to miss a great deal! The violins are liable to get ahead, the wind instruments behind, and chaos ensue. If he is so interested in watching the individuals in his orchestra to see if they are wearied by the constant moving of the bow in playing the violin, or if he forgets the theme, or the feeling of the Master composer, he will still have chaos. If he is interested only in the audience and what an imposing figure he makes, and thinks nothing of the composition nor the orchestra, he will not last long. You have the one-pointed individual concentrating only on service, and you have the individual concentrating entirely on the group.

There is a Master present in the Group

If you had inner sight, you would know there is a Master or an Angel present in the group, and you would see what is coming out of the energy of your group and thus understand better how to proceed to get something We can use. You would avoid the colors of resentment, rebellion, exhaustion, depletion, and what is worse than the colors are the pictures that rise in the atmosphere from the soul who comes in with the fire of enthusiasm and goes out with the fire of a different color!

The average person today who is interested in the Ascended Masters has obligations besides the obligation to the group. In the future, this will not be the case of the chosen heart center, who will

be given freedom to rest the body and prepare for the power of decrees. The average student has an unyielding load to carry; his own karma, the obligation of making a living; his love of the light, and I could go on indefinitely. He brings that all in with him to the class. Some day in the new temples when We get to it, one of the things We will do, is to separate the chairs a little distance, because one's aura extends considerable distance in even the most lethargic person, and in that aura is a lot! The cares that beset the day, the worries of the mind and heart, the family affairs, the annoyances, resentments, confusions and depression--that aura comes in even in the best--because anyone who comes, at least makes the effort to come to a place where the Masters are endeavoring to promote the work. Let us understand that if they take their tired feet and walk the steps to the group meeting, the Light in their heart is trying to get free; and they bring a load of creation, not only their own but they bring everything that they pass, if they are not positive when they left home!

The Right Preparation

It has been suggested that people prepare for the group BEFORE they leave home, not only in physical cleanliness, but in mental peace, emotional stability and etheric purity. And may I say here, that many an ascetic man who obeyed the law of abstinence, who mortified the body and died in a hair shirt, but who did NOT perform the mortification of the feelings and mental body, has not risen as high as one more lax in fleshly things but more strict in the sublimation of the soul!

Think it through! In the first place, you don't take your physical body with you, you take your soul. Many a man in a monastery, many a woman in a convent, performing certain abstinences and mortifications of the physical body, filled with bitterness, spiritual pride and arrogance of the soul, when that body is laid down in death, the soul, which was all that was left to go before the Karmic Board is worse than if they had lived a jolly life and gone home in a soul in which there was some semblance of tolerance and peace! There is a balance, in the law. Moral and ethical obedience to the fleshly law of right living are good, and are to be commended IF they make faith in the soul, endurance in the consciousness, and purity in the nature; but if they build up frustrations and cause scars on the soul, better they had never been done!

Blaze the Violet Fire through Yourselves

We start with the purification of the individual auras, trying to get out the coffee pots, the dollar signs, the desk drawers that overflow, the typewriters, the angry bosses, the disgruntled husbands and wives, bills, people--it sounds funny--but if you do not use the Violet Fire that is what We have to work with! USE THAT VIOLET FIRE!!! Blaze it through yourself first, for you know you have coffee pots and tea pots and bills in your world, most of you; tight shoes and various other things. You know those are forms! Very, very powerful forms! When you touch the energy of the sanctuary or room, then get the Violet Fire going to purify it as best you

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JESUS
World Teacher

THE ASCENDED MASTERS ANSWER 100 QUESTIONS

FOR THE SPIRITUAL EDIFICATION OF WORTHY CHELAS IN 1961

KUTHUMI
World Teacher

MIGHTY ZEUS speaks on the Eight Bodies of Man:

"I AM" ZEUS, One of the Sun Gods Who came to this Earth and was privileged to raise Greece to the Height of her perfection centuries before the Beloved Jesus brought His Light to the world.

Spiritual Illumination is released to the chela according to his capacity to understand and apply greater knowledge for the benefaction of the Planet Earth and Her evolutions.

XXI. EXPLAIN THE BODIES OF MAN?

In most instances the chela has been told about the seven bodies. However, under the direction of the God and Goddess Meru, I have volunteered to explain simply The Eight-fold Nature of man as God created him.

XXII. DOES MAN FUNCTION THROUGH MORE THAN ONE BODY?

The entire eight vehicles are necessary, four in the Higher Spheres and four in the lower, in order to be a perfect conductor of one Aspect of Deity.

XXIII. WHAT ARE THE NAMES OF THESE BODIES?

The White Fire Being made in the Image and Likeness of God is moulded out of Pure Electronic Light Substance and is ever active as a radiating center in the Cosmic Realms, an infinitesimal part of Itself is the Energizing Power of the other bodies. As the Planets revolve around Their individual Sun, so do the White Fire Bodies of all mankind actively participate in the joy of Cosmic Creation.

Divine Complements - The first decision made in the Heart of the White Fire Being is whether to function only in the Cosmos or voluntarily project the Dual Aspect of Its Divine Nature into the Ascended Master Realms to give more concentrated assistance to a particular evolution. These Divine Complements are known by some students as the Individualized "I AM" Presence.

Causal Body. This is the accumulated good of the lifestream which is created by the interest and activity of each such an one. It forms the aureola of the "I AM" Presence. The nature and service which each "I AM" Presence is to perform was determined before Individualization took place. Seen with the

inner sight all the colors of the spectrum are a component part of the Causal Body. The Virtue or Quality to which the individual has an affinity will form the largest reservoir of energy, the color dependent upon the Quality. Wise is the student who cognizes the truth that the Causal Body has an infinite supply which can be drawn forth for his benefaction and that of all mankind. By Its very Name It is a Body of Cause and the Effect is destined to manifest wheresoever the astute student calls it forth.

Holy Christ Self - Jesus referred to this Spark of Divinity within man as "The Father within." When the "I AM" Presence volunteers to take embodiment upon the Earthplane, It projects a tiny Replica of Itself into the mother's womb at the time of conception. It is the Cohesive Power around which the Builders of Form create the lower bodies. As the Feminine Ray increases in intensity upon the Earth, the mothers of the race will become more cognizant of the sacred privilege of assisting the Builders of Form in nourishing the Holy Christ Self. She in truth is a chalice for the incoming Spirit. The obligation and responsibility of parents to the Spirits of the unborn can either hinder or delay the spiritual development of these children.

As the Great Manu Saithrhu already awaits with the First sub-race of the Seventh Root Race opportunity to send these forerunners to the Earth to more quickly accelerate Her evolutionary progress, it is the obligation of the Manus and Their recalcitrant children on Earth to complete their course quickly to make room for these great Beings. Again the wisdom of the ages requires humility,

discrimination, balance and sincerity to this dedicated Cause. Anonymity is a Spiritual Cloak!

I shall continue the description of the bodies and their functions in the August 1961 BRIDGE.

* * * * * * *

THE ASALA FESTIVAL

(July 27th, 1961 - 2:51 P.M. EST)

At the time of the full moon in the month of Asala, which is our July, the Great Lord Divino (the present Buddha, formerly known as Lord Maitreya) honors the anniversary of the first sermon given by His great Friend and Teacher, Lord Gautama (now Lord of the World) when Lord Gautama became the Buddha many centuries ago. Each year Lord Divino gives forth the exact same sermon to the Brotherhood and their chelas who gather in the garden of His home in the Himalayan Mountains, adding to it a short address of His own.

The radiation goes forth for twenty-four hours before and twenty-four hours after this ceremony takes place, and the wise students will turn their attention to Lord Divino and Lord Gautama at some time during July 27th, 1961, and draw back into their own worlds and environment the illumination and blessings released.

This wonderful sermon is very simple so that the

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ON THE FEELING WORLD

By Lady Master Nada

Beloved ones, Divine Love, is the most powerful activity in this universe, for it is the cohesive power which holds every electron in every atom that makes up every form, Divine or human, and that cohesive power in the heart of the atom is Divine Love whether it is in a human being, an Ascended Being, a Solar System, a Galaxy or whatever it may be.

This power of Love Divine which the Ascended Masters wield, is the most mechanically accurate activity of the use of the Sacred Fire in holding together units, whether they are individuals whom you desire to assist, or to draw forth blessings for mankind; whether they are those who make up your household or in the affairs of an entire nation or the planet itself. This activity of drawing the cohesive power of pure Divine Love from our hearts into the very center of whatsoever unit you wish to hold in a harmonized focus, will give you practical proof of Our Presence in this universe and Our willingness to assist you at all times.

Some individuals seem to find it hard to love impersonally. If that is your feeling, then invite One of Us Who are the full gathered cosmic momentum of that love to direct it into the Flame in your heart and let Us love <u>through you</u> and love that life free.

In an Ascended Master Retreat individuals are prepared for the subtle as well as apparent <u>tests</u>

and there is always an Ascended Master, Guru or Guide by their side. You, who are receiving <u>your tests</u>, subtle and apparent in groups, in your homes, and in the world at large, often forget <u>that every experience</u> that you have <u>is an opportunity</u> in disguise, to utilize the power that is least evident in your lifestream, and to magnetize through the call to the Beings on the Ray which is most necessary and draw that Flame and Quality into yourself and the condition.

I want to emphasize first that Love, real Love and not sympathy (which is negative and draws you into the distress) but real Love is the <u>Power that holds the Universe together</u>. It is the power that Magnes and Polaris use to keep the axis of the Earth in its motion as it straightens. It is the power of Divine Love held by the Cosmic Rod in the keeping of Lord Gautama and Lord Divino that holds the ten billion souls in the orbit of the Earth, and the three and a half billion souls on the Earth by what science calls the law of gravity; otherwise people would be flying off into outer space.

The love of man for man is not as much as the love of God for man! The Love of the Father-Mother God for you has been the constant pull that has kept your spines erect; that has kept mankind from becoming like the supine four-footed creatures that have to walk yet on four feet. What is that power? It is the magnetic power of Divine Love from the Godhead which polarized through yourself has kept your spine erect even though sometimes the weight of human creation does bend it a bit. If Someone loved you enough to give you a body erect and a straight spine and the capacity to speak and think

and feel, can you not love those who yet are forced by human creation to walk on four feet, or eight feet or twelve, as it may be, and transmute that human creation through the use of the Violet Fire until they stand erect in their respective Kingdoms, beautiful and perfect as they were when the Earth was first created and when the Beings of Nature designed Her, with no imperfect or distorted form.

Love begins in the center and externalizes outward, as does every lasting virtue, not from the outside and entering in. That which is to last and endure, even to the substance of your Earth, starts from within out. That is why the God Who made you created the Holy Christ Flame within you so you could have a good center and as that expands and expands you become the fullness of It right here on Earth.

The precipitation that is to come forth is to make this Earth a Kingdom of Heaven and it will not be manifested to the masses until the greed and selfishness and desire to hold on to the beautiful and magnificent expressions are removed.

You can test yourself very easily without saying a word to another living soul; test yourself on something of beauty, something very beautiful and not something with which you are usually associated. Take two minutes and become STILL; cognize the article of beauty and then FEEL YOUR REACTION! Is it just to love it, or is it to desire to have it for your own? If you will be honest enough in introspection, you will soon learn how to just love and enjoy the beauty of life; enjoy drawing forth

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HOW TO CONDUCT AND ATTEND A CLASS

by Saint Germain

(continued from page 11)

can in a happy, joyous radiation. Let us not concentrate on these pictures; I want you to concentrate on the Light, but I want you to know what you are dealing with. When you come in and stand before a seeming stone wall, which sometimes is the case, it is just a solidification of peoples auras and their troubles. They can't help it--they are smothered. If it were not for God, Lord Michael and the Powers of Light, there wouldn't even be a Spark! I am amazed Myself that mankind even make the endeavor to try and understand the Law.

Specialize on Something

When you are in the Ray on the platform (the Leader) means that you have more energy, more power, more enthusiasm, more endurance than your symphony, which is a point that is well worth pondering! Therefore, you will "outrun" them every time! You have made your application so you can never expect your symphony to be quite that which you have developed, any more than I would expect you to be the consciousness that I am. Specialize your activity! Specialize on something that needs doing. When you purify the elementals, if you could see the billions that go purified and free, you would realize something of the opportunity that is yours in opening the door of that sublimation.

Specialize if you can on something; on some great Master, some great current need, or that which your group is particularly interested in. Then remember, the mind or outer consciousness of the average man

cannot stay with any one thing even five minutes. Change your activity at least every fifteen minutes in your average group; let them participate, let them use their physical bodies for a time; then let them rest and use the mind, then let them use the feelings. You are supposed to be doing what the body elemental does for your baby form, getting all of the body used through activity of the muscles. Suppose the body elemental used only one hand and left the other atrophied; you would have a cripple. The body elemental has the infant stretch, cry and kick and all of the body muscles are developed equally.

Balanced activity is required

As a Director, you are responsible for the physical, emotional, etheric and mental development of your people. You will be interested in one facet of that endeavor more than another because you represent a particular Ray; you will be enthusiastic on that and rather inclined to let the others go by, which of course is a mistake.

Balanced activity in service brings Freedom! If you keep your people too long on a visualization, their minds will go back to those conditions which they brought in from the street. The mind is heavy. It is better to have one good point put into fertile soil and nourished by the decree pattern and your songs, than a thousand points which leave a person weary so that the consciousness tries to escape the concentration, and the person goes back into his own aura and begins to remember his own affairs.

How long should the Class last?

This is very important! You take a group of people and blaze the Flame through them and you charge your specialized activities, and if you are wise you will have them cooperate by telling them what you are going to do so you can hold the pattern, then give them something to take home--some definite pattern to take home which will benefit them and their world. Don't let them go back into that shell! To the average man an hour's work is considered a great spiritual achievement, two hour's work is considered super, so for the average man I would not attempt to hold the class more than two hours at the very most. What happens if you do is--that after the climax of your radiation--the punch--of your delivery, the vitality of your class work is an anti-climax and it slumps into a lethargy and the individual goes back into his cocoon and begins to think in his own world. He hopes the class will soon be over and becomes body conscious and emits the most terrific color of vermillion and red, and then the leader has that to handle. Many a good man or woman who has taken the obligation of handling the karma of the group, has within his own body the resentment of all the work he had hoped to do!

The Group is a reflection of the Director

This Law is so practical. You have to get the ultimate out of your group, and you never will if you are not convinced yourself; if you are not enthusiastic, if you are not POSITIVE, if you are not desirous of giving your best. When you HAVE gotten the ultimate, THEN CLOSE ON THE HIGH NOTE like We do! Let the people take the Light home. Remember, your group will be a reflection of yourself! If you are

fiery and positive and filled with faith, courage and power, your group will reflect that. So, take a good look at yourself in the privacy of your own room and say, "Do I dare to duplicate myself in the souls of trusting men." If not, there is the power of Holy Amethyst and therefore no reason for depression or despair. The Power of the Violet Fire will make of you something that mankind wants to duplicate in this world of form.

I spent a great deal of time in Italy as well as in France. I used to watch the men press the grape until its essence came forth, and that essence became for them valued wine--but the pulp was thrown aside! Let us not be like that! Every individual from whom We get an ounce of energy, a portion of the substance of the physical world, let us not be like those men and women and take the essence and throw the pulp aside, but LET US LOVE THAT LIFE that gives Us of Itself! Let Us be the loving Brotherhood of Angels, elementals and men! This is My word to you, whom I have loved enough to speak to as an equal, not as Master to pupil!

The greatest word in any language is FRIEND

I love you, love you enough to show you ways and means of greater efficacy in your service. A friend is one who comes, and if solicited will offer what wisdom, what strength, what physical substance, what emotional light he has in behalf of his fellowman. That is what I do! The greatest word in all the English language, or of Sanskrit, or any language over the Earth is FRIEND! Yet it is taken too lightly. I AM YOUR FRIEND OF FREEDOM, and you are Mine, and together We shall make of this Earth a Freedom Star!

ON THE FEELING WORLD BY NADA

(continued from page 18)

that beauty for the blessings of others, and enjoy in full that which will come back to you! Because, the more you love, the more you are surrounded by beauty and the more loving expressions of life enter your world. There is nothing in this unascended realm that the world needs more than DIVINE LOVE! I give to you the Love that surpasses the understanding of the human mind, but the Love that can be felt within the hearts of all who are sincere.

* * * * * * *

THE ASALA FESTIVAL (continued from page 15)

original disciples who hear it could remember it. It stresses following the Middle Way--that of living a good life in the outer world, rather than either the extreme of becoming an ascetic or following the worldly life of the average individual. Again and again the Four Noble Truths and the Eightfold Path which Lord Gautama presented are given forth for contemplation:

1. The Appearance of Sorrow or Suffering (which must be removed);
2. The Cause of Sorrow;
3. The End of Sorrow (or escape from it);
4. The Way which leads to the escape from Sorrow: Right Belief, Right Thought, Right speech, Right Action, Right Exertion, Right remembrance, Right means of livelihood, Right Concentration.